



## New Years Resolutions That Don't Disappear!

How many times have you made New Year's resolutions to eat more healthfully and increase your exercise that was forgotten by mid January? If you have already made a resolution that includes the words "never" or "always" you're probably setting yourself up for disappointment. Why not make resolutions that are easier to live up to?

The first thing many of us make the mistake of doing is adopting the all or nothing mentality. For instance they promise to eliminate certain foods entirely. If these foods happen to be your favorites or a staple in your diet, this is very difficult to do. Chances are you will have better success by not eliminating the food altogether but decreasing the portions and frequency. The same is true for exercise. Is it realistic to think you will hit the gym 7 days a week if you have not gone 7 times in the last year? Probably not.

Changing behaviors takes time and commitment. Setting realistic, measurable, and relevant goals can definitely help. An example of a well-written goal is "I am going to exercise aerobically 3 times a week for 30 minutes." At the end of the week you definitely know if you've attained your goal. Try writing down a few New Year's resolutions (goals) and place them in a location where you will see them often. While you are at it, go ahead and plan a 'non-food' reward for meeting your goal. Realistic goals, a planned reward, and a new frame of mind may make all the difference!

For more information on how to start your year off on the right foot, contact your local base **Health and Wellness Center (HAWC)** or **Dietitian**.

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